

NEWS FROM Legislator

Lou D'Amaro



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Learn to be... Tobacco Free Free Smoking Cessation Classes Set to Begin Locally and Across Suffolk County

HUNTINGTON STATION, NY... March 30, 2015 – Suffolk Legislator Lou D'Amaro (D-Huntington Station), Suffolk County Executive Steve Bellone and Health Commissioner James Tomarken, MD, encourage residents who use tobacco to seek help in breaking their tobacco addiction and to sign up for Suffolk County's "Learn to Be ...Tobacco Free" program, being held in locations throughout Suffolk County this Spring including South Huntington.

"We are promoting good health to all residents in Suffolk County," said County Executive Bellone. "For those who are addicted to tobacco, the first step toward good health is to get the support they need to prevent illnesses that are caused by tobacco."

"This program works," said Dr. Tomarken. "Recent studies have shown that smokers who try to quit smoking using a combination of behavioral support and medicine or nicotine replacement products are three times more likely to be successful than those who try to stop smoking without support."

(more)

The classes are free to Suffolk County residents, though there is a nominal fee for medication for medically eligible participants. Local classes are as follow:

South Huntington Library, 145 Pidgeon Hill Road, South Huntington

Tuesdays from 6:00 p.m. – 7:00 p.m., May 5, 12, 19, 26, June 2, 9, 2015

Reunion: June 30, 2015 (Contact 549-4411)

**Suffolk County Dept. of Health, 725 Veterans Highway Bldg. C- 928
Hauppauge**

Thursdays from 6:00 p.m. – 7:00 p.m., May 28, June 4, 11, 18, 25, July 9, 2015

Reunion: July 30, 2015 (Contact 853-3187)

For more information on the program and other locations, call 853-4017 for more information.

“Residents who are trying to stop smoking will find that these cessation clinics will provide them with important tools they need to lead the healthy smoke-free lifestyle they desire,” said Legislator D’Amaro. “I encourage interested residents to take advantage of this free and effective program.”

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Suffolk County Legislator Lou D’Amaro represents the 17th Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Education & Information Technology and Human Services committees of the Suffolk County Legislature.